

(TMI Resources – May 2012)

HEMI-SYNC®

Revealing Research for Peak Human Performance

Robert A. Monroe, founder of Hemi-Sync, is internationally known for his work with audio sound patterns that can have dramatic effects on states of consciousness. Monroe observed, during his early research, that certain sounds create a Frequency Following Response in the electrical activity of the brain.

Those observations led to some remarkable findings dealing with the very nature of human consciousness. Researchers learned specific sounds could be blended and sequenced to gently lead the brain to various states ranging from deep relaxation or sleep to expanded states of awareness and other "extraordinary" states. This compelling research became the foundation of a noninvasive and easy-to-use audio-guidance technology known as Hemi-Sync.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or Hemi-Sync, where the left and right hemispheres are working together in a state of coherence. Different Hemi-Sync signals are used to facilitate deep relaxation, focused attention or other desired states. As an analogy, lasers produce focused, coherent light. Hemi-Sync is said to produce a focused, coherent mind, which is an optimal condition for improving human performance.

One of the leading researchers into brain wave synchrony, Dr. Lester Fehmi, of the Princeton Biofeedback Research Institute, points out that "Synchrony represents the maximum efficiency of information transport through the whole brain." This means that brain wave synchrony produces a sharp increase in the effects of various brain wave states. The production of synchronized, coherent electromagnetic energy by the human brain at a given frequency leads to a 'laser-like' condition increasing the amplitude and strength of the brain waves. It's evident that a "highly integrated brain," a brain, in which both hemispheres are functioning in symmetry, synchrony, harmony and unity, is a key to peak states and peak human performance.

Specific combinations of Hemi-Sync signals, for example, can help individuals achieve laser-like focus and concentration. Depending on the intended goals, music, verbal guidance or subtle sound effects are combined with Hemi-Sync to strengthen its effectiveness. Naturally, Hemi-Sync sleep products incorporate predominately Delta frequencies; learning products predominantly Beta, and so forth. Users remain in total control as these recordings do not contain subliminal messages. Hemispheric synchronization does occur naturally in daily life,

but typically only for random, brief periods of time. Hemi-Sync can assist individuals in achieving and sustaining this highly productive, coherent, brain wave state.

Continuous Innovation

Robert Monroe's work inspired an entire industry of mind/brain products. After 50 years of research, and thousands of lab sessions, the trademarked Hemi-Sync process remained unparalleled in its ability to assist in harnessing our human potential until the development of Spatial Angle Modulation™ or SAM, a new technology developed by The Monroe Institute.

Thanks to the cooperation of notable medical institutions and universities, the scientifically and clinically proven Hemi-Sync technology continued to be the focus of a variety of specialized research projects for a number of years. In addition, many therapists, physicians, educators, and other professionals have used Hemi-Sync extensively.

Such research was indispensable in revealing the influence of specific Hemi-Sync sound patterns on consciousness. Over the years, these efforts have resulted in the development of scores of individual products for specific applications such as focused attention, stress management, meditation, sleep enhancement, and pain management, to name a few.